

CARNIVORE DIET REFERENCE

Seafood & Poultry Selection

Seafood & Shellfish

- Salmon (Wild Caught) Fatty
 - Sardines Nutrient Dense
 - Mackerel High Omega-3
 - Shrimp / Prawns Lean
 - Scallops Lean
 - Oysters Zinc Rich
 - Cod / Halibut White Fish
 - Roe / Fish Eggs Superfood
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Poultry & Fowl

- Chicken Thighs Skin-on
 - Duck Breast High Fat
 - Turkey Legs Dark Meat
 - Whole Goose High Fat
 - Quail Delicacy
 - Chicken Liver Organ Meat
 - Chicken Wings Collagen Rich
 - Duck Fat Cooking Oil
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** Prioritize fatty cuts and wild-caught sources. Use animal fats (butter, lard, tallow) for lean selections.*